THE GROCERY

POPULAR LOW PRICE GROCERY.

Prices that please doubly because allied to first-class goods only. The best place to trade because standard goods are sold way below prices of other stores. No goods sold that you can't trade back for your money if they fail to please you.



SUGARS.

24	lbs.	Finest and Best Granulated Sugar 5
25	-	Extra C Sugar
18	161	Cut Lasf Sugar
18	990	4-X Powdered Sugar

2	cans	
3	**	Blackberries
3	165	Table Pears
4	166	Vinton Corn
2	44	Beatrice Corn
3	84	Primrose Corn
1	Aw	Early June Peas
3	810	3 lb. Tomatoes
2	**	Boston Baked Beans,
9	9.6	3 lb. Pumpkin
g	94	2 lb. Pine Apple
Œ.	**	Oil Sardines
1	24	Monarch Little Neck Clams
2 8	997	Oysters
ä	188	Tail Salmon
t	can	Brook Trout
1	4.0	Best Imported Sardines
ı.	44	Star Lobsters
ī	44	Mackerel
ī	all.	Potted Ham

Mama-Tand-Dass

No. 1 Sugar Cured Hams, per lb	1054
Best Sugar Cured Breakfast Bacon, per lb.	11
Dry Sait Side Bacon, per ib	08
California Fiams, per Ib	09
4 IDS. White Lard	25
3, 5 and 101b. cans White Label Lard, per lb.	10

SOAP.

	25
8 bars White Spanish Soap	25
White Russian Soap, per box 3	50
	25
	25

SYRUPS.

I gallon Sugar Drips.....\$ 30

2 gallon pail Sugar Syrup.....

			STATE OF THE PARTY	IN	
4160	Starel	per pk; Starch.	Z	*********	
Best	Soda (rackers	per lb.	*********	

The state of the s	F
7 ibs. Gloss Starch	2
10 Ibs. Sal Soda	22
Best Soda Crackers per lb	0.0
All pkg. Coffee	23
6 ibs. California Rasins	- 2
5 pkgs. Cleaned currents	2
Lurge White Fish per pall	24
Large Mackerel per pail	
Good Teas per lb.	2
6 lbs. California Grapes	2
3 lbs. Sliver Pranes	25
2 lbs. Evaporated Apples	21
6 pkgs. Scotch Oats	- 4
3 pkgs. Macaroni	21
8 pkgs New England Mince Meat	21
8 lbs. Premium Chocolate	- 45
Pettijohn's Breakfast Food per pkg	
8 lbs. Navy Beans	14
2 cans Anderson's Jams	25
2 nkos Vucatan Cam	:25
2 pkgs. Yucatan Gum	- 1
Crushed Java Coffee per pkg	13
4 lbs. Tapioea.	25
Lewis Lye per can	10
1 Box, 12 Cakes Cocoa Oil Soap	20
1 lb. Star Baking Powder	Iô
6 pags, Arm & Hammer Soda	23
Colorado Potatoes per bu	9(
t rack Comb Honey	12

Mason's Fruit Jar	s.
½ gallon Jars per doz\$	75
Quart Jars per doz\$	60

We are selling all kinds of Fancy and High Patent Flours at a less price than ever before. Now is time to buy for it will only last a few days.

Country orders packed and shipped the same day received.

J. S. SPROAT.

112 E. 6TH ST.

TELE. 252.

BRIGHT, PLUMP AND ROSY

Which is the Condition People Should and May Be,

BUT ALAS! MANY ARE NOT.

If You Are Not As You Could Wish, It Will Pay You To Read The Valuable Truths That Follow.

If you are getting thin you are sick, though you may not know it.

If you are losing weight steadily, there is something wrong about you that needs looking to.

If you have always been thin, it doesn't follow that you are sick, but that you might be healthier.

You might be fat, and plump, and strong, and hearty.

You cannot be strong if you're thin. Thinness isn't necessarily a sign of sickness (unless you commence to get thin and keep getting thinner), but it's a sign that you are in danger of being sick. It's a sign that if you get sick it may be hard for you to get well; that the least chill may cause a cold, the least cold becomes something worse. A sign that out of a small ailment may come gout, rheumatism, diabetes, consumption, rickets or scrofula, and many other sad diseases, which might have been prevented by healthy fatness.

Try, then, to be healthy and fat. It's not difficult. If you know how, the trying is both easy and pleasant.

In a few words, getting fat consists in eating proper food, food that contains the proper nourishment, food that digests

Till a few years ago, doctors, as well as ordinary people, had a great many funny notions about the stomach, about CANNED GOODS. how food was digested, and about what became of it after it was digested.

No one knew any better; no one had studied right. Not until some eminent men gave the subject their special attention, did we get any real knowledge. Most people (and many doctors) still think that everything you take into your mouth is digested in your stomach. This

The only foods that are directly digested in the stomach are the albumens, and these, while important, are, if anything, the least important of the foods we di-

To understand how to get fat, you must try to remember the following explanations:

All the foods we eat belong to one of the four following divisions: 1. The Starches;

The Fats; The Albumens: 4. The Salts.

The salts undergo no digestion at all, so we will not speak of them further. The starches and the fat of the body are sometimes called fuel foods, because they supply our energy, our motive power. We burn them up in our daily power. We burn them up in our daily life as the engine burns coal. Our fut is our reserve fuel. The starches, well-di-

gested, make us fat, The albumens are used in our body for the repair of worn out tissue, of which a small portion goes to waste every

day.

The starches, then, form the fuel for our engine, the albumens repair the wear of our machinery. With a good engine we need more fuel than repair material.

Thin people often have better appetites than fat people, may even eat more; but still they don't get fat. What is the

reason? The reason is generally bad digestion. Indigestion has of late years been proved to be the cause of a great proportion of all our diseases.

Indigestion can be cured without drugs, by eating proper food proper-ly. Curing indigestion means getting

normal fat. You probably know what foods contain starch. If you want to get fat, these are

the foods to est. If you want to know which of these to ear, consult your palate. Do you like it? Does it agree with you?

If not, don't eat it. The old idea was, that to get fat you must eat fat Fat meats, fat oils, cod liver oils. This is wrong.

Starchy food will make you fatter than oily foods. You could live without oily foods altogether, if you wished.

Starchy foods are generally more easily digested than oily foods, hence are better for people who wish to get fat. If people are too fat they should not eat starchy foods. All doctors admit this, Paskola is a starchy food. Its use will enable you to get fat, when all the starch and fat foods you eat do not help you. The reason for this is that it is al-

ready digested before you take it.

Paskola saves your digestive organs from having to work. When it reaches the intestines it is absorbed at once.

We said that getting fat consisted in eating proper food, food that would di-

gest easily. Paskola is that food. For a thin person, the certainty of getting fat depends almost entirely upon

Paskola.

Most people eat enough in their daily meals to become fat, but the fattening food is not digested. It merely passes through the system. Thin people can see why it is they need a food that is al-

ready digested.

The old doctors told their patients, if they suffered from dyspepsia, that drugs could cure them; that drugs would help

them to get fat Even now many of them recommend pepsin and cod liver oil. Pepsin won't digest starches or fats. It only digests albumen (lean meats, white

of eggs, cheese, etc.
Albumens are not fattening, If they don't agree with you, don't eat too much of them. Then you won't need pepsin.

Modern science has discovered that starchy food is the food for thin people. Paskola is the outcome of the most modern discoveries of modern science. It is the best starch food. It is composed of the finest and most nourishing flours, ar-

tificially digested. Paskola is pleasant to the taste. No

healthy man, are used by nature to di-

gest starch-foods.

Paskola is nothing but natural food. Consumption is waisting away and los-ing flesh. It is but one of the many dis-eases we suffer from, caused by bad di-

Bad digestion can be cured, the con-sumptive can gain flesh and strength, and this will help the doctor to cure the disease.

The way to do it is for the consumptive to take Paskola. Paskola will make any-

one fat; even a consumptive.
Fatness, happiness and health. They all go together. How seldom do we see a fat unhappy person!
On the other hand the unhappy thin

people; the dyspeptic, the consumptive, the nervous invalid. Why can they not all be fat? They would look so different. They would be fat if they tried. They could even he well if they tried. could even be well if they tried. The way to get well would be to get fat; the way to get fat would be to take

Paskola. Pascola is for sale by all reputable A pamphlet giving full particulars respecting Paskola will be sent on appli-cation to the Pre-Digested Food Co., 30 Reade St., N. Y. City.

SOCIAL AND PERSONAL.

Items of Interest About Topeks People

and Visitors in Town. Miss Gordon entertained very delight-fully last evening at her home on Western avenue and her guests enjoyed high five progressively, as well as some music by Miss Bertha Knowles and Miss Murbarger. Light refreshments were served and the guests were Misses Daisy Smith, Carrie Merrick, Trissa Greenwood, Daisy Hayes, May Davis, Lena Spaulding, Bessie Van Amberg, Lizzie Davis, Mattie Valentine, Mame Thompson, Ella Murbacca Boothe Walentine, Market Mandalander, Boothe Walentine, Market Boo barger, Bertha Knowles, Maud Maitland; Mr. and Mrs. John Sargent, Mr. and Mrs. J. P. Wahle; Messrs. James Heslett, R. Thomas, Fred Frost, J. Robinson, L. L. Roby, A. A. Hayes, Frank Merrick, M. E. McKirahan, J. V. Abrams and Fred Kingsley.

In Honor of Miss Peck. Miss Minnie Peck was the guest of honor at Miss Gunther's card party yesterday afternoon and at the seven tables were seated the intimate friends of both young ladies. When the series of games the vas finished Mame Horton was awarded cart. with an embroidered doily for scoring the most points, and as Ollie O'Brien received next highest she was given a fancy bon-bon box. The young ladies found their partners by matching the names of Shakesperian characters, as Hamlet and Ophelia. The arrangement of the parlors was extremely pretty and in the first pink roses found exclusive favor, while daisies and feathery asparagus was used effectively in the second.

Mrs. Smyser's Tea. Mrs. W. G. Smyser's tea and duplicate whist party last evening was the second of a series of entertainments by which her friends are pleased with invitations, and although of a different nature proved equally as charming as the first. Her guests on this occasion were Mr. and Mrs. H. O. Garvey, Mr. and Mrs. J. S. Crawford, Mr. and Mrs. Harold Chase, Mr. and Mrs. Deli Keizer, Mr. and Mrs. Edwin Knowles, Mr. and Mrs. W. W. Manspeaker, Mr. and Mrs. B. T. Lewis, Mr. Mr. and Mrs. Arthur Capper, Mr. and Mrs. H. R. Nickerson, Mr. and Mrs. Ellis Thompson, Dr. and Mrs. Hibben; Miss Cordelia Price and Messrs. Henry Stevenson and James Donn.

An "Informal." Miss Lydia Wehe gave an informal evening on Monday to the following friends: Mr. and Mrs. E. R. Ridings, Mr. and Mrs. Elmer Raynon, Mr. and Mrs. George Dudley and Mr. Newton Butler; So unless you do hard labor, you need little albumen but always plenty of Eberle; Messrs. Otis Hungate, J. K. Bair and Tom Whitmer.

Minor Society Notes. Miss Alma Halz went to Cottonwood Falls today for a short visit. Mr. and Mrs. L. G. McCaslin will re-

move from Monroe street to 912 Morris avenue Monday. Mrs. E. T. Sim returned from St. Louis

Mrs. John Slavins, of Denver, is visiting relatives in the city.

Prof. Wetherell's dancing party at Vinewood last evening was enjoyed by nearly eighty of his pupils and friends. Mrs. C. S. Baker entertained the Reading circle Tuesday afternoon, and the members decided to adjourn for the sum-

Mrs. M. E. Harrison left today for a six weeks' visit in Holton. The Websterian and Shakesperian Literary societies of Quincy school held a contest last evening in the Kansas Ave-

nue M. E. church. The Websterians were victorious, Mrs. C. S. Sutton has returned from Pennsylvania. Miss Daisy McClure, of Junction City,

will visit Miss Henrietta Thompson next Miss Kate Montgomery was up from

Carbondale yesterday.
Mr. L. Bond and Miss Nora Bond, of Sullivan, Ind., are visiting their sister, Mrs. N. F. Conkle. Mrs. J. D. McCullom came up from Kansas City to attend Mrs. Garvey's re-

ception yesterday.

Young Folks Surprise Party. A pleasant surprise party was given in honor of Willis Webber at his home on Polk street, Thursday evening. The young people played games and danced, and at 9 o'clock refreshments were served. Those present were May Hamilton, Alice Noble, Blanch Snyder, Ona Ost, Callie Witt, Maud Slayton, Edith Van Dorp, Grace Slayton, Rose Blake, Otto Bradford, Fred Van Dorp, Charlie Ost, Fred Merrick, Hobart Mills, Harry Webber Barre and Lawrence Albanch Webber, Harm and Lawrence Albaugh, and Merrill Mills.

General Social Notes. Mrs. S. M. Garvey and her daughter, Mrs. F. L. Dudley, returned from a visit in New Jersey Friday. Mrs. J. R. Magee is visiting in Win-

hester, this week.
Miss Minnie Supple has been visiting Mrs. Dr. Magee the past week.
Daniel Supple has resumed his studies at the Topeka business college, after a month's vacation at his home in Scran-

Mrs. Coffman and daughter of Horton, stopped a short time here yesterday on their way to Quincy, Ill. Joe Booth came up from Newton Thursday, to attend the alumni recep-

Misses Hattle and May Holdridge left cooking or other preparation is necessary. It contains no drugs or medicine. It has simply been digested by being treated with the substances which, in a Nannie Hopkins Monday evening. All

members of the class are urgently re-

quested to be present.

The Modocs will go on a tour through Colorado sometime this month. Rev. S. B. Huston has gone to Wash-

ington, Ia. Mr. J. P. Rogers has gone to Texas on Mrs. Max Kistler Danvers and children of Arkansas City, are visiting rela-

Mr. and Mrs. C. Abrams left today for Minneapolis, Minn.

Miss Florence Beverly is visiting in town and will be the guest of Miss Nellie Post next week. Miss Mabel Pond went to Manhattan

today for a short visit. Archie Black of Chicago, who has been visiting Judge W. C. Webb for a few days, returned today.

Miss Caro Penfield will entertain a few friends informally Monday evening.

Miss Helen Stauffer is visiting Miss

Ethel Page in Emporia.

Miss Gertrude Boughton has gone to

Baldwin to attend the commencement.

Mr. Chas. Johnson will arrive next Tuesday from Oskaloosa to visit Mrs. L.

Mr. R. S. Magee went to Concordia Wednesday.
Mrs. J. O'Connor is visiting in Hoyt. Geo. Veale, Jr., will go to St. Louis

Mrs. C. D. Wolf is visiting in Emporia. Chas. Davis of Manhattan, is in town for a few days. The Pansy club will meet next Monday afternoon at 5 o'clock with Miss Marguerite Bradley.

NORTH TOPEKA.

Items of Interest from the North Side of

E. W. Potter has gone to his old home at Junction City for a short visit. Mr. and Mrs. Henry Boyer have gone to Horton to remain over Sunday. Frank Schell, manager of the grain

elevator at Perry, is in the city today. Will Clime and Ed Roehr will ride bicycles to Lawrence and return, tomor-Miss Lois Reese one of the teachers of

the Quincy school has gone to her home in Emporia for the summer. Thomas Voiland's colt ran away with the cart yesterday afternoon demolishing the vehicle. There was nobody in the

A. J. Kane went down to Grantville last night and delivered an address before the local lodge of the Knights of

Columbia. The new assignment of police officers on this side, places Parker and Owen on day service and Blumenstock and Hicks

on night duty. Officer Parker found an umbrella at the dog show Wednesday night which ke left at police station. He says the

owner can get it there. One of the boldest pieces of thievery that has occurred in a long time happened yesterday. W. H. Wood, the queensware dealer, packed a set of elegant blue and white china in a barrel ready for shipment to St. Marys and rolled it out in the rear of his store to await transpor-tation to the depot. About 4 o'clock his driver went around to get it and it was gone. The goods were valued at about \$20.00. There is not so much as the shadow of clue as to how they got away.

For bargains in shingles see E. P. Ewart, Gordon and Kansas avenue. Go to Will Griffith's for the best tin,

gaivanized from and pump work. Take your watches, clocks and jewelry for repairs to Ray Parmeter, 824 Kas. av. A complete line of homeæpathic remedies at A. J. Arnold's & Son.

"Our New Delight" and all Dangler stoves at H. M. Climes. When you need lumber give E. P. Ewart, the new dealer a call, 1012 Kan-

sas avenue, north. Monarch gasoline stoves at Henry's. Go to Henry's for rooting and spout-

Lukens Bros. are selling full leather top buggies and harness, for \$60.

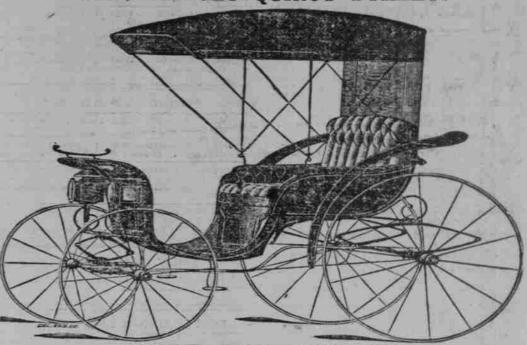
Take your prescriptions to A. J. Arnold & Son, 821 Kansas ave. Established 1870. The patrons of Quincy school and their friends turned out in sufficient numbers last night to fill the Kunsas Avenue M. E. church to overflowing. The occasion was the contest between the two literary societies of the school, the Shakesperian and the Websterian.
Joseph Moses of the Websterian society
acted as master of ceremonies. After
Rev. J. R. Madison had invoked the divine blessing the following programme was rendered, the Shakesperians taking the lead and the two societies alternat-ing: Recitation, "Land of Penn," Addie Herrick; recitation, "Little Tim," Maggie Summers; piano solo, Fernie Stew-art; debate-subject, "Could or should the civil war have been prevented by compromise"—affirmed Ina Colburn, denied by Merle King; piano duet by Bessie Root and Fernie Stewart; recitation, "The Bicycle Rider," Harry Roehr; recitation, "Flash, The Fireman's Story," Hattie Wetherby; Vocal duet by Mrs. Etta Lacey and Miss Ida Peterson; oration, "Ideas," Bessie Rooi; oration, "Garfield," Jasper Moses; recitation, "Death of Benedict Arnold," Luly Thompson; recitation, "Asleen at Lulu Thompson; recitation, "Asleep at the Switch," Edna Pence; duet, violin and piano, by Clara Smith and Ina Colburn. Rev. J. B. Thomas, Rev. W. L. Byers and Mr. P. H. Forbes acted as judges and rendered their decision in favor of the Websterians, allowing them 1,418 points to 1,380 for their rivals. Jasper Moses made the highest score, being graded at 96. Hattle Wetherby was a close second with a score of 95. Miss Maggie Summers is deserving of special mention for the excellent man-ner in which she recited "Little Tim." She gave evidence of careful study and thorough training especially in vocal effect. The entire work was a credit to the participants and to Mr. E. G. Foster, the principal, and his assistants.

Do You Desire Clear, Transparent Beggs Blood Purifier and Blood Maker will remove all disorders from the blood and leave your skin clear, trans-parent and youthful. Sold and war-ranted by W. R. Kennady, Fourth and Kansas avenue.

Kansas City and Back, \$1.50. Via Santa Fe Route; Sunday only, June 3rd. Excursion train leaving A. T. & S. F. depot 8:20 a. m. sharp. Inquire of Rowley Bros., W. C. Garvey or Arnold

Via Santa Fe Route; Sunday only, June 3rd. Excursion train leaving A. T. & S. F. depot 8:20 a. m. sharp. Inquire of Rowley Bros., W. C. Garvey or Arnold

REPOSITORY. 526 AND 528 QUINCY STREET.



FINE VEHICLES. Harness, Whips and Robes. Call and look over our immense stock. P. J. HINDMARSH, Manager.

VESPER & CO. 110 East 6th St.

Our Genuine Quaker Homemade Bread is for sale at the following firstclass firms:

The Star Grocery, 112 East Sixth street. James Werts, 6th and Topeka ave. W. W. Manspeaker Mer. Co., 711 Kas. av. W. G. Frazeur, Huntoon and Lincoln sts. G. S. Sage, corner 10th and Monroe sts. R. I. Jones, 12th and Kansas ave. J. L. Wood 13th and Kansas ave. Tubbs, 8th and Topeka ave. George Means, 810 West 8th st. E. L. Dibert, 8th and Clay sts. James Shaw, 7th and Lincoln sts. D. D. Knox, 6th and Buchanan sts. J. S. Grice and Son, 905 West 6th st.

Whittlesey Mer. Co., 2nd and Madison sts. Chas. Dryer, 2nd and Harrison sts. Baldwin, 402 East 8th st. Davis, Princess Gro., 15th and Lincoln. M. B. Smith, 10th and Morris ave.

Armantront, 17th and Clay sts. College Hill Meat Mar., 15th and Lincoln. Geo. C. Beach, 218 West 6th st. I. K. Trueblood, Auburndale. J. K. Thompson, 418 Kansas ave. Messrs. Laws, 404 East 4th st. Freeman Bros., 114 Kansas ave. Hammond & Co., 203 Kansas ave. Felkner, 506 East 5th st. Grant Lux, 6th and Jackson sts. L. D. Roose, 2021a West 6th ave. Topeka Grocery Co., 706 Kansas ave. J. J. Bonewitz, 1225 Van Buren, N. T. Goodman Bros., 841 Kas. ave., N. T. Empire Bakery, 219 West 6th st.

Henry Ritter & Son, 6th and Clay sts. And any of our four wagons.

Our genuine Quaker Homemade bread has our registered trade mark, on each loaf a red shield, all others are not genuine; don't buy any without the brand.

VESPER & CO., 110 East 6th. St.

ALUMINUM RENT WAVERLY, HOUR LOVELL AND

IMPERIAL, Bicycles, Sundries, DIAMOND.

TOWNSEND, OPEN EVENINGS.



J. M. KNIGHT. ANTI-COMBINE UNDERTAKER, And 843 Kas. Ave., North Topeka,

Furniture, Carpeta, Stoves, Queens-ware on Easy Payments. Phone 52, C. A. NELSON

SPRING AND SUMMER GOODS NOW IN.

CORRECT STYLE AND PERFECT FIT GUARANTEED. PRICES MODERATE. 500 Kansas Avenue, - - Topeka, Kansas.

ASK FOR PERFECTION EXACT SIZE

Favorite ten-cent Cigar. Sold by all first-class dealers. Mgf. by Geo. Burghart, 801 Kas. Ave. GRIGGS & AXTELL,



Hardware, Implements. Stoves and Tinware. 208 WEST SIKTYI AVENUE